



## Pre-Procedure Instructions for Cesarean Section

You will be notified by Eisenhower Health's COVID-19 testing clinic for an outpatient appointment three to four days prior to admission. If you have not preregistered for delivery at Eisenhower, please visit [EisenhowerHealth.org/Babies](https://EisenhowerHealth.org/Babies) and register/login to MyChart to preregister.

### Before Surgery

1. Do not shave or otherwise remove body hair on lower abdomen or groin area for at least one week prior to surgery. Your doctors and nurses will remove body hair near the surgical site with an electric hair clipper on the day of surgery, if needed.
2. If you do not feel well a day or two prior to your procedure, contact your obstetrician's office.
3. Eat a light dinner the night prior to surgery but do not eat or drink anything starting eight hours before the procedure.
4. Follow bath/shower instructions for the night before and morning of your surgery (see instructions, right).

### Reducing Your Risk of Surgical Site Infections

To decrease your chances of getting an infection in or around your surgical site, you should bathe or shower the night before and the morning of your surgery with a 4% chlorhexidine gluconate (CHG) solution (a common brand is Hibiclens®). If you are not given a bottle, you can purchase it at any pharmacy without a prescription. One bottle is enough for two washes. It is important that you use the scrub according to the instructions in order to ensure effectiveness.

1. Use your shampoo and soap as you normally would to wash your hair, face and body. Rinse your head and body well with warm water.
2. Move away from the shower stream and rub the CHG gently over your body from your neck to your feet using your hand or a washcloth. Don't put the CHG on your face or genital area.
3. Let the CHG sit on your body for two minutes. It is important that you avoid rinsing off the CHG too soon. After two minutes, rinse off the CHG with warm water.
4. Dry yourself with a clean towel after your shower, dress in clean clothing, and sleep on clean sheets. Do not apply any lotion, deodorant, makeup, powder or perfume after your shower.

## Day of Procedure

Do not eat or drink **anything** beginning eight hours before your procedure. This includes water, gum, lozenges, chewing tobacco, mints and candy.

### What to bring or wear:

- Bring your identification card and insurance card.
- Leave your medications at home unless otherwise instructed.
- Wear comfortable, loose-fitting clothing that will allow you to dress with ease after giving birth.
- Wear your eyeglasses. Do not wear contact lenses.

### What NOT to bring or wear:

- Do not wear any jewelry — this includes wedding rings, piercings, toe rings and anklets.
- Do not wear perfume, heavy cosmetics, false eyelashes or hairpins.
- Do not bring valuables (including credit cards or cell phones) or large sums of money. We strongly recommend that you take advantage of our free service in which we secure your valuables in the Security Department safe during your stay at Eisenhower Health. Have a friend/family member take possession or leave valuables at home. **Eisenhower Health will not be responsible for lost items if you choose not to have your belongings locked in our safe.**